

week 39:	fun on the sun!
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We all know how to have fun IN the sun – but now it is time to have fun ON the sun!

Games:

1. **Active:** Red Alert

We need to know how to protect ourselves from the Sun.

Name various parts in your playing area with items needed to protect ourselves from the sun – e.g. sunblock, cap, T-shirt, shade, water to drink, etc. Leader calls a point and the Cubs rush to the allocated area. Once there, they act what they would do e.g. put on sunblock, drink water, etc. When the leader calls SUNBURN they lie down in the centre of the playing area and pretend to sunbathe. (You can also add in items needed when managing heat exhaustion and sunstroke e.g. wet sponge, thermometer, doctor, etc.).

2. **Circle:** Spin the plate

The gasses that make up the sun are in perpetual motion.

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3. **Quiet:** Feet First

When it is so hot, it feels better to go barefoot!

Play a board game or something similar (maybe marbles) using feet not hands.

4. **Relay:** Flipping the kipper

When it is so hot we need to fan ourselves.

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5. **Team:** Sun and Moon

The moon shines at night because it reflects the sun's light.

Cubs line up in two teams a good distance apart. One team will be the moon and the other the sun. Leader gives instructions e.g. moons two steps forward, suns kneel and do a head over heels, etc. When the two teams meet, the leader shouts moon (or sun) attack. The team called chases the other team back to their starting position. Anyone caught joins the chasing team.

Sense Training:

1. **Hearing:** Dampeners

You will need two wet sponges. Two Cubs sit about a meter apart on chairs. They are blindfolded, face each other and hold a wet sponge. The rest of the pack must creep up and pass between the seated Cubs. The seated Cubs can say "freeze" at any time (within reason!) and dab down with the sponge between the chairs. If hit, places are changed.

2. **Feel:** With feet

You will need six boxes (e.g. beer boxes or 'Rototrim paper' lids) filled with sand and with one item buried in each box, blindfolds and a bowl of water and towel for washing feet afterwards. Cubs are blindfolded; they feel with their foot in the sand for the item and try to identify it. Have an adult leading the Cubs from box to box. Allow time for washing and redressing afterwards – this is a good time to revise the slip reef knot.

Although the sun can cause us damage if we aren't careful, the world needs the sun for things to grow and for us to feel happy!

Yarn:

Five in a Pod (By Hans Christian Andersen)

Five peas lay together in a pod. They were green and the pod was green, and so they thought that the whole world was green, and that was quite right. The pod grew, and the peas grew. The sun warmed the pod, and the rain made it clear and translucent. As the peas grew bigger they began to wonder why they were lying in a row, and what would happen to them in the end?

"Are we to lie here forever?" they said. "We shall become quite hard if we stay here much longer. There must be something more exciting in store for us."

Weeks passed by. The peas turned yellow, the pod turned yellow. "The whole world has turned yellow!" they declared, and they were quite right.

Suddenly they felt a jerk. The pod was torn from the plant and stuffed into a coat pocket, together with a number of other pods. "Now we shall soon be opened" they whispered.

"I am curious to see which of us will do best in the world" said the smallest pea. "Not long to wait now!"

Pop! The pod burst, and all five peas rolled out into the bright sunshine. They lay in a little boy's hand and the little boy thought they looked just right for his pop gun. He loaded the first pea and shot it into the air.

"Here I am on my way to seek my fortune!" cried the pea.

"I'm going to fly right into the sun!" said the second, as he shot up into the sky.

"We are going to sleep," said the third and fourth, "just as we fall to the ground" and they fell from the boy's hand and rolled away. But the little boy picked them up and loaded them both together. "We are going the furthest after all!" they cried.

"Who knows what will happen to me" said the fifth, as he sailed through the air.

He landed on the rotten wooden sill of a little attic window, where he lodged in a crack filled with moss and soft brown earth. He lay there hidden for a long time but not forgotten by God.

In the attic room lived a poor woman, who went out each day to earn her living. While she was working, her little daughter stayed at home in the attic. She had been ill for a whole year, hovering between life and death. "Perhaps she wants to join her sister with God," said the poor woman. "But I do want to keep her with me, if God will grant it."

Early one morning the following spring, they noticed a green thing peeping up at the corner of the window pane. Her mother opened the window and looked out. "Well!" she exclaimed, "It is a little pea which has spouted. How in the world can it have found its way up here? Now you have a garden to look after." And she moved her daughter's bed nearer to the window, so that she could look out at the little pea plant more easily.

When the poor woman came home from work that evening the daughter said, "Mother I think I am going to get well. The sun has been shining on me all day, the little pea is happy and is growing bigger and I feel so much better. I shall soon be getting up and going out into the fresh air."

"Yes, of course dear" said the poor mother, grateful to the little pea for giving her such happy thoughts.

Every day they watched the little pea grow, stretching its tendrils up to the window.

"Oh look!" cried the little girl one day. "It has flowers!"

Indeed it had, and the mother began to hope that her sick child might recover. The following week the little girl managed to leave her bed for the first time, and she sat happily for a whole hour in the warm sunshine at the open window, tending her tiny garden of a single pea-plant.

The mother smiled happily at the plant, as though it was an angel from heaven. "God must have made it grow here to fill us both with joy and hope," she thought.

What happened to the other four peas? Well, the first one landed in the gutter where it was gobbled up by a pigeon. The two lazy peas, who had wanted only to sleep, fared no better, for they too were at least of some use in this way.

The pea who had wanted to fly right to the sun landed in a drain and lay soaking in dirty water, and it swelled until it had almost reached bursting point. "No pea could possibly grow bigger than me!" it exclaimed with pride. "I must be the best of the five." And the drain agreed.

But at the attic window the little girl stood with sparkling eyes and with the bloom of health on her cheeks. She cupped her hands tenderly round the delicate pea blossom and gave thanks to God.

Craft/Activity:

1. **Activity:** Discussion

Have a discussion with the Cubs about protecting themselves from the sun. Bring items to guide the discussion. This leads to the dangers and prevention of exhaustion and heatstroke. Prepare questions for a quiz – ask the questions and the Cubs get to answer them in Sixes – why not turn this into a human noughts and crosses game? Line up 3 rows of 3 chairs in each (total 9). Split the Cubs into team of 4 or 5. Ask the questions and every time the team gets a correct answer, they choose a chair to sit on. Once a team gets three seats in a row, they are the winners.

2. **Handcraft:** Make a Sun catcher or kaleidoscope

Make a sun catcher using beads, bits of mirror and fishing line. Or look at this site for more ideas: <http://artfulparent.com/stained-glass-suncatcher-ideas-kids>

Make a kaleidoscope: <http://www.minieco.co.uk/kitchen-roll-kaleidoscope/>

Singing/Play Acting:

1. **Singing:** This little Cubbing light of mine

The sun gives us light and we have a Cubbing light too!

Singing module: page 28

2. **Playacting:** You, me, mirror

The moon shines at night because it reflects the suns light.

Playacting module: page 9

Advancement covered:

Silver Wolf:

Healthy body: Show that you understand how to look after yourself when you are outdoors and active on a sunny day.

Gold Wolf:

Healthy body: Explain the dangers of sunburn and heat exhaustion and how to prevent them.